



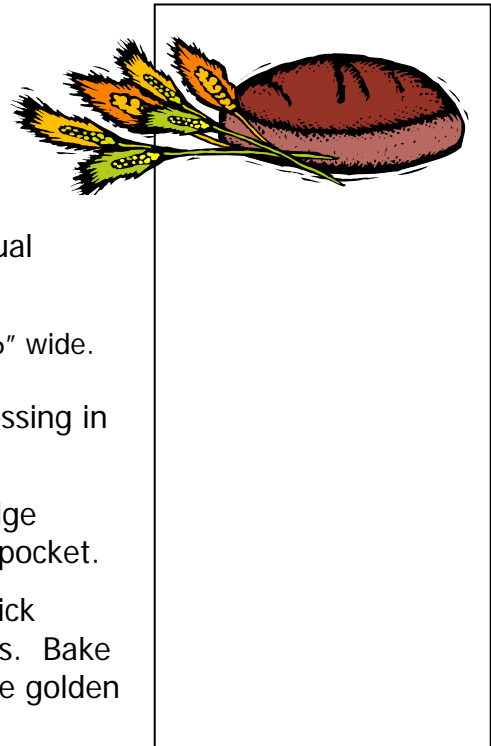
Extension Nutrition Programs

FSNEP/EFNEP

Make-At-Home "Convenience Foods"

Did you know that studies show meals prepared at home are more nutritious than restaurant meals. More fruits and vegetables are eaten and food choices tend to be lower in fat. You can still have convenience AND feed your family well at a fraction of the cost by preparing these "hot pockets" ahead of time and popping them in your freezer. Choose the fillings your family likes best. Simply follow these easy steps:

- Step 1:** Preheat oven to 350°.
- Step 2:** Mix sauce or sandwich spread ingredients together.
- Step 3:** Mix filling ingredients together.
- Step 4:** Cut or tear loaf(s) of bread dough into 6 equal pieces.
- Step 5:** Stretch each piece of dough into a circle about 6" wide.
- Step 6:** Place equal amounts of filling and sauce/dressing in the center of each bread dough circle.
- Step 7:** Fold one side over the other and seal the edge where the dough comes together to form a pocket.
- Step 8:** Place on a cookie sheet sprayed with non-stick spray. Let the dough raise about 20 minutes. Bake at 350° for 20-25 minutes. Turnovers will be golden brown when done.



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Fillings for “Meal in a Pocket”

Chicken (makes 6 pockets)

Filling: 2 cups cooked chicken, cubed
1 Tablespoon green onions,
chopped (can use chives or
regular onion)

½ cup frozen broccoli pieces

Sauce: 1 3-ounce package cream
cheese, softened
2 Tablespoons milk

Calzones or Pizza Pockets (makes 6 pockets)

Filling: 1 package of frozen spinach,
thawed and well drained
8 ounce container of ricotta
cheese or cottage cheese,
drained
1 egg
¼ teaspoon garlic powder
¼ teaspoon each of salt and
pepper
4 ounces mozzarella cheese,
grated
Optional – a small amount of
ground beef or 12-18 slices of
pepperoni

Sauce: 1 jar of spaghetti sauce
(approx. 2½ cups)

*Tip: Use remaining spaghetti sauce as a
dip.*

Beef & Cabbage Rolls (makes 6 pockets)

Filling: 1 pound of ground beef,
browned and drained
1 medium onion, finely chopped
2 cups of shredded green
cabbage

4 ribs of celery, finely chopped

Sauce: (none)

Ham and Cheddar Buns (makes 6 pockets)

Filling: 2 cups cooked ham, diced
½ cup shredded cheddar
cheese

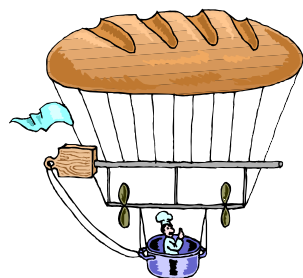
Sauce: (none)

*Optional: 1 cup cooked diced potatoes,
2 tablespoons mayonnaise, 1
Tablespoon mustard*

Tuna Melts (makes 6 pockets)

Filling: 2 hard-boiled eggs, chopped
1 six ounce can of tuna,
drained.
½ cup shredded cheddar
cheese

Sauce: ¼ cup mayonnaise or plain
yogurt
1 Tablespoon pickle relish



To freeze:

1. After baking, let turnovers cool. Place in airtight plastic bags and freeze.
2. When ready to reheat, remove from the freezer and take frozen turnovers out of bags and place two inches apart on a cookie sheet sprayed with non-stick spray. Bake at 350° for 15 minutes or until filling is hot.